Apple Yogurt Smoothie

Recipe created by Chef Rick Tramonto of Tru restaurant, Chicago, on behalf of 3-A-Day™ of Dairy.

Makes 2 servings
Prep Time: 5 min
Cook Time: 5 min

Ingredients

- 2 cups low-fat vanilla yogurt
- 1 granny smith apple, cored, peeled and diced
- 1/2 cup orange juice
- 1/2 cup ice
- 2 tablespoons honey

Mix all ingredients in a blender or food processor until smooth and pour into tall glasses. Garnish with sliced almonds, julienne mint and 1/2 teaspoon of honey, if desired.

Nutritional Facts per serving for individual food recipe:

Calories: 330
Total Fat: 3 g
Saturated Fat: 2 g
Cholesterol: 10 mg
Sodium: 160 mg
Calcium: 45% Daily Value
Protein: 13 g
Carbohydrates: 66 g
Dietary Fiber: 1 g